

INCLUSION/SEND CHALLENGES

(Covering the four broad areas: **Communication and Interaction**, **Cognition and Learning**, **Sensory and Physical** and **Social, Emotional and Mental Health**)

<p>Play a game of ‘What Am I?’ Think of something (e.g. an animal, food, object) and think about how you would describe it, without telling someone what it is. Can you guess what I’m thinking of? <i>“I grow on trees. I am red or green. I am crunchy.”</i> Take turns with someone at home. Think of lots of lovely describing words to make your clues vivid!</p>	<p>Memory Skills: The Suitcase Game This is a round-the-table memory game. In a group, go around in turn and say what you are putting in the suitcase. Each person has to say all the other items as well as their own new one. If you get it wrong, you’re out! To keep things fresh, decide on a theme of the objects – it doesn’t always have to be travel-based.</p>	<p>Cookie Cutter Handwriting: Grab some cookie cutters, draw round the cutter (inside and out). This will strengthen your hands, wrists & fingers.</p>	<p>Kindness Challenge: Can you actively try to do something kind for your family? Here are some ideas: - <i>Give someone a hug</i> - <i>Clean up without being asked</i> - <i>Say thank you to someone (you could write them a letter, make them a card, draw them a picture).</i> Think of other ways to be kind and thoughtful.</p>
<p>Which and Why Conversation Game: Compare two things and ask which you prefer and why. This is a good game to use to help us think about a topic and give reasons for our answers. It also reminds us to stop, listen and wait our turn! Here are some ideas to get you started: <i>“Do you prefer Spiderman or Superman? Why?” “If you could fly, what would you do? Why?” “Would you rather live in outer space or underwater? Why?”</i></p>	<p>Matching Pairs: This is another game that can be played with a deck of cards. Cards are laid face down on a surface and two cards are flipped face up for each turn. The object of the game is to turn over pairs of matching cards (you can choose how a ‘match’ is made, whether it be cards of the same suit, or the same number – maybe even incorporate two decks and play for exact matches). If a player succeeds in matching a pair, they have another turn and continue until they fail to match two cards. Flip the cards back over after a turn has ended. The object of the game is to find the most matches in a row – with the ultimate being matching the whole deck – so players must watch carefully as others take a turn.</p>	<p>Walk a Ball: Use the fingers to “walk” a small ball up and down the legs. You could walk the ball up one leg, across the tummy and down the other leg. Make it harder: Can you use just the tripod fingers (thumb, index and middle fingers) to walk the ball?</p>	<p>Zones of Regulation: Have a go at setting up Zones Check Ins at home. You will need to follow this link to find out how to get started. You need to create a Red, Yellow, Green and Blue zone.</p>

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<p>Name 5 Things Challenge: Can you name 5 things that are round? Can you name 5 things that are soft? Can you name 5 things that sound nice? Can you name 5 things that are green?</p>	<p>Brain Yoga Take your left hand, make a fist, and extend your thumb; holding this, do the same with your right, only extend your little pinky. Now change them so it's left pinky and right thumb. The co-ordination involved will strengthen neural connections, which will help develop the memory!</p>	<p>Threading – Daisy Chains: Can you find some daisies to link together. You might find these in your garden or on your daily walk. This will test your threading skills and how careful you can be. Take a picture of your work!</p>	<p>How Can I help? This game invites you to think how you might help someone. Discuss your ideas with someone at home and encourage them to share their ideas too. <i>Noah is playing with a ball when an older child takes it away from him.</i> <i>How Can I help?</i> <i>You notice that a child is always alone at playtime. They look sad.</i> <i>How can you help?</i> Try to think of your own situations that might need your help.</p>
<p>Sorting and Talking: Can you find objects around the house and sort them into groups. Why have you grouped them like this? What is the connection (e.g. colour, shape, similar item)? Do some objects belong in more than one group? Share your reasons with someone at home.</p>	<p>The Tray Game Place 12 items on a tray and ask pupils to look at it for 20 seconds. Cover the tray with a cloth or other barrier and give pupils 30 seconds to write down everything they can remember. For a variation of this game, elect a pupil, or group of pupils, to look away (or leave the room). Remove one or several items from the tray and have them guess what has changed.</p>	<p>Catch a ball: How many times can you throw and catch a ball with a family member? Make it harder: Can you do this with a smaller ball? Can you stand further apart?</p>	<p>Mindful Moments: Lie on your back in a comfortable position. Look up at the sky and put your hands on your stomach. Breathe slowly and deeply, focusing on the rise and fall of your hands as you do this. Without moving, think about your senses: What you can hear? What can you feel? What can you see? What can you smell?</p>

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Video/ Voice Diary:

Can you record a diary of things you have done today using an Ipad or laptop? You could use Microsoft voice recorder, if you have this. You could interview someone at home and come up with questions to ask them.

The Concentration Game

Get a deck of card and lay out all 52 cards in four rows of 13 (you can include the jokers in six rows of nine cards each, if you prefer). Players take turns choosing two cards, placing them face up. If they are of the same suit and colour (for example, six of diamonds and six of hearts) that player wins the pair and plays again. If the cards are not of the same suit and colour, the player has to return the cards to the board face down and play passes to the player on the left. The game ends when a player picks the last pair. The winner is the person with the most pairs. Players may end up in a tie for first place, depending on the size of the group.

Chair Challenge: Sit on a chair, hold the side of the chair with each hand. Use your hands to push yourself up and off the chair. How many times can you go up and down? Don't forget to be super careful!

Yoga: Fitness can have a powerful impact on our wellbeing. Have a go at some of the great routines on Cosmic Kids. Can you come up with your own exercise programme that might help others?

<https://www.cosmickids.com/>